

# The Rhythm of Life – Living Every day with Passion and Purpose

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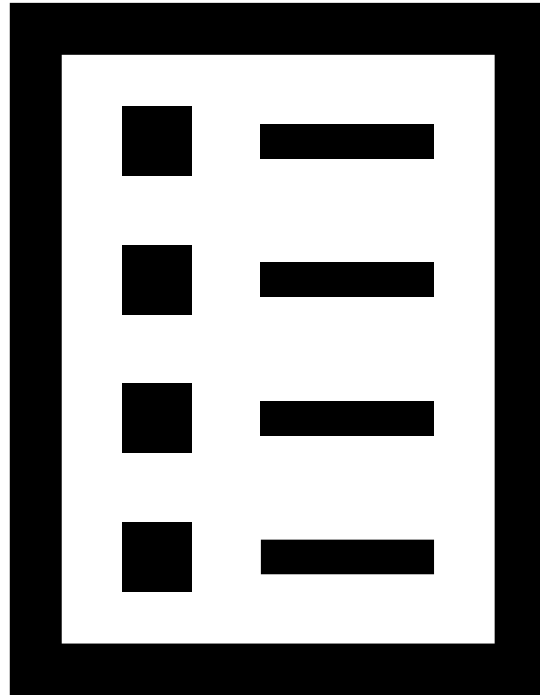
MATTHEW KELLY



# Overall

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- ❖ Catchy Chapter Titles
- ❖ Reader can pick up any Chapter and start reading - the content makes sense
- ❖ Powerful questions to introspect
- ❖ Determine “What you Want from Life”
- ❖ Focus on Legitimate and Deepest Desires – Physically, Emotionally, Intellectually and Spiritually
- ❖ Every moment “be the best version of yourself”
- ❖ Focus to get more energy with a daily sacred hour
- ❖ Way of Excellence through the 10 principles
- ❖ Live the life discovering the purpose of life



# Contents of the Book

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- What do you want from Life
- Finding your Genius
- The Best Version of yourself
- Discovering the Rhythm of Life
- It's all about energy
- The way of Excellence
- Living the life of you were born to live



# What do you want from Life



## Everything is a choice

- Love is a choice; Courage is a choice; Anger is a choice; Fear is a choice;
- Sometimes we chose the best version of ourselves and sometimes we chose the second-rate version of ourselves



## Do you really know what you want

- What do you want from Life - What are your dreams ? Think about it; Write and Make a list
- We are too busy; Too busy doing trying what ?



# What do you want from Life



## Too Busy doing what

- Physically - don't exercise regularly; take too long to prepare food so easy to drive through fast food; don't sleep regularly
- Emotionally - Relationships are given 10/15 minutes when tired/least emotionally available
- Intellectually - don't take 10/15 minutes to read good books to change or grow
- Spiritually - rarely step into the room of silence to connect with God; afraid of what might be discovered about yourselves/ourselves



## Meaning and purpose to your life

- Who Am I
- Where did I come from
- What I am here for
- How do I do it
- Where am I going



# Finding your Genius



## Primary Needs

- Food to eat; water to drink; air to breathe



## Secondary Needs

- To achieve and maintain optimum health and well being



# Finding your Genius



## Legitimate Needs

- Physical – Regular Exercise; balanced diet and regular sleep
- Emotional – Need for acceptance; encouraged or challenged (people surrounded - either raise or lower standards) ; Intimacy relationships to share ourselves (without judgement)
- Intellectual - what stories do you listen to ? What stories are forming your life; Books change lives; make daily reading one of the defining habits of life
- Spiritual - Silence, Solitude, Simplicity ; see the person we are capable of becoming



## Deepest Desires – want + meaning

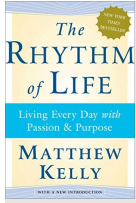
- Physical – to be healthy and fit
- Emotional – contribute more to help others; choose the right person in the right setting to express
- Intellectual - Leisure Ignites Intellectual Desire; Fatigue banishes them
- Spiritual - quiet place to be alone for soul searching



# The Best Version of yourself

- ✓ Important Q1: will what you are about to do help you become the best version of yourself
- ✓ Important Q2: What's the most I can do ? (rather than What's the least I can do ?)
- ✓ Every Moment choose your best self
- ✓ Daily Decisions in relation with Purpose





# Discovering The Rhythm of Life

- ✓ Priorities to develop self; rather than material goals
- ✓ When Rhythm is sacrificed - choose to decide than that's forced



It's all about  
Energy

- v **Need more energy; not need more time**
- v 1. Regular Sleep
- v 2. Regular Prayer and Reflection
- v 3. 7th day as day of rest, reflection and renewal



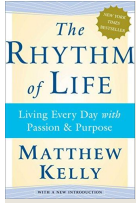
# The Way of excellence

1. Knowledge Principle - Transform weakness to strength for future bigger than past
2. Dream Principle - Dreamers of the Dream - made the unknown known, the impossible possible
3. Vision Principle - Engage talents and abilities - there willnt be cosmic wave of events that everything will be perfect
4. Life Principle - A sentence, phrase or idea that sums up the focus of your/our life
5. Thought Principle - What will it today for me to become the better person I know I can be ?



# The Way of excellence

1. Dedication Principle - In order to love what you do, you must do what you love
2. Belief Principle - you were created for a purpose, and everything happens for a reason
3. People Principle - People are gift. Life is a chance to love; really live; Cherish people
4. Communication Principle - Be Clear, concise, open, and honest
5. Final Principle- Think of reasons not to give up, to stay focused and to stay strong



# Living the Life you were Born to Live

- ✓ Enjoy the journey
- ✓ Be the difference that makes the difference
  1. Remind yourself of your goal - best version of yourself
  2. Whose day can I make today
  3. How can I make that person's day
  4. few minutes to plan, reflect and pray



Thank you

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SHRINIVAS SATHYA SUSARLA